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The *Classmate*

An Independent Magazine for the Naval Postgraduate School Community

Monterey County Wineries

Tasting Wines in your Own Backyard

Roth IRAs

Are They the Right Choice for You?

Great Mother's Day Gift Ideas

April/May 1998



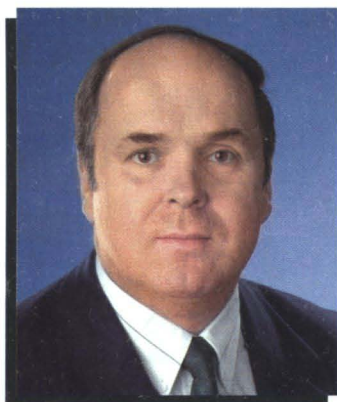
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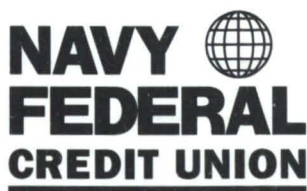


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The Classmate

April/May 1998

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Photo courtesy of Mark Gordon

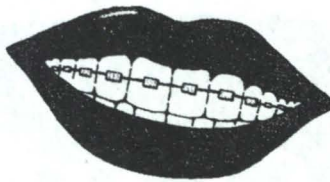


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The Classmate was originated and previously edited by the wives of the students of the General Line and Navy Science School. It is now sponsored by the Officer Students' Spouses' Club of the Naval Postgraduate School. Material and opinions contained herein are those of the contributors and should not be considered an official expression of the OSSC or the Department of the Navy or services advertised. Written permission is necessary to reprint any material herein. Published at no cost to the U.S. Government. The deadline for all copy to the editor (SGC# 2330) is the last day of the month prior to the month of publication. Printed by Heritage Press

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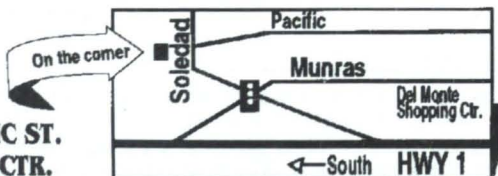
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From The Editor



In our quest to enjoy California's claim to wine fame while we are at NPS, we have traveled many miles and spent many dollars learning about what we like to drink and where it comes from.

Did you know that Monterey County grape production exceeds Napa Valley's for premium wines? That's right, a number of the 100 plus wineries in Napa Valley use grapes produced in Monterey County for their varietals.

That's not to say that an absolutely wonderful, and expensive, weekend exploring Napa Valley should be totally off your "to do" list. With wineries such as Mondavi, and their Art of Wine and Food seminar, and Rombauer, whose Chardonnay is still at the top of our "favorites" list, it's hard not to sing Napa's praises.

For this spring, however, we have decided to set our sites closer to home and explore the 15 or so Monterey County wineries, mapped out on pages 20-23 in this issue.

Also in this issue of The Classmate, we sent writers in search of the perfect cup of coffee, answers to Roth IRA questions and Mother's Day gifts. We hope you enjoy!

A special "Thank You" goes to our outgoing staff members Anitra Glover, Advertising Director, and Cindy Harvey, Production Manager. Without all of their hard work and creativity this issue would not be possible. Farewell and Good Luck!

Sarah McConvey

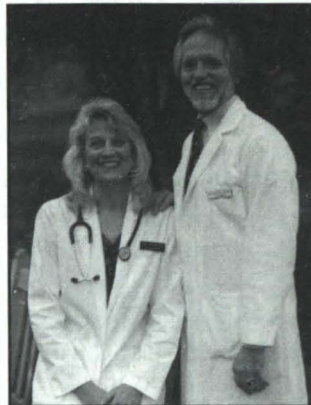
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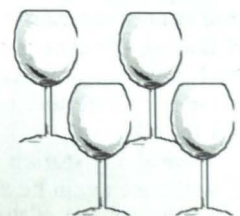
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The Classmate

OSSC EVENTS

A Note From The President



Hello and Happy Spring Holidays! I'm Trisha Greenway, your new OSSC President. My term as president promises fun and excitement for upcoming special events; but first, I want to thank the new executive board and our advisors for their hard work and effort in making this turnover so successful. Your enthusiasm and true spirit has inspired our volunteers to work hard and stay committed. Let's keep the momentum going!

The OSSC or the Officer Students' Spouses' Club is a non-profit organization whose function is to provide fun, stimulating, and diverse entertainment for the families of the Naval Postgraduate School. We offer many activities and events throughout the year as well as educational classes in the arts and crafts.

With another successful Wine Tasting and the Bargain fair behind us, I want to thank the chairpersons and committee members for their time and efforts. The monies raised by these events is given to local charities and to a scholarship fund orchestrated by the OSSC. Finalists for the scholarships will be announced in May. Good luck.

Who's that hopping down the Bunny Trail? Why, it's the Easter Bunny. He's making tracks on the front lawn of Hermann Hall from 11am - 1pm on Saturday, April 4th. Please join us as we welcome spring to Monterey with a coloring contest, an Easter Bonnet contest, and of course, the ever-popular Egg Hunt. It's the Easter Egstravaganza! Bring your camera. There will be food, drinks and fun for all.

For the Historian in all of us, the OSSC will once again be sponsoring the Larkin House as part of the traditional Spring in the Adobes tour to be held Saturday April 25 from 10am - 5pm.

Volunteers from the OSSC will dress up in period costume to be docents for the day. If you're interested in volunteering or need ticket information, call Brittney Borbash at 372-4824.

In May, along with the International Committee, the OSSC will be hosting the annual International Tea to honor the spouses in the International Student Program. This High Tea event promises to embrace our friends from around the world with a warm welcome to NPS. The date is set for Friday May 8, but the time and place are still to be determined. Please contact me for more information.

Have a flare for food, then join us and be savored into our Gourmet Club where you don't need to be a gourmet chef. Just bring a hearty appetite for meeting new friends and trying new foods. Since I'm stirring up some ideas for you to taste, the OSSC has available a cookbook and apron combo for a small donation of \$5.00. These, along with cross stitch designs of Hermann Hall and the NPS logo for a small donation of \$2.00 will be available at all OSSC meetings. For more information, please contact Angie Lockwood at 899-7440.

So, with all the OSSC has to offer, why not join us for our Member's Meetings held the first Monday of each month at 7pm in Ingersoll Hall room 122. Membership is open to all spouses of any officer, whether on staff or a student. International spouses are always welcomed free from membership dues. An application has been provided in *The Classmate* for your convenience.

In closing, I would also like to welcome our new Superintendent, Rear Admiral Robert C. Chaplin, his wife Janice, and their two sons, Jason and Jamie. We're hoping Mrs. Chaplin can join us for our member's meetings and events.

Enjoy your stay in the Monterey area and your tour at NPS. I look forward to meeting new and prospective members. We welcome your questions and comments and we strive to create memorable moments for all to share.

Trisha Greenway

393-9110 (home)

655-3351 (OSSC office)

email: greenway@cs.nps.navy.mil

mailbox: SGC #1037

Welcome Committee

I would like to welcome everyone to the Officer Students' Spouses' Club (OSSC). The OSSC is not your typical "wives' club" many may be familiar with. The OSSC is a large organization approximately 200 members strong, comprised of Navy, Marine, Army, Air Force, Coast Guard and international military spouses, male and female. Such diversity among our members makes the OSSC meetings a fun and interesting forum.

You will find that we are very active and host many social and charitable events throughout the year. I encourage all spouses to come to one of our meetings and get to know some folks like you.

Participation in the OSSC will make your stay in Monterey a rewarding and memorable experience. I look forward to meeting each one of you. If you have any questions regarding the OSSC, please feel free to call me at 394-2757 any time,

Megan Race

Welcome Committee Chair.

SCHOLARSHIPS AVAILABLE

The Officer Students' Spouses' Club at Naval Postgraduate School is offering three scholarships totaling \$2000. The applicant must be one of the following: An OSSC member or dependent of an OSSC member, a dependent of any NPS student (including international students), a dependent of any NPS or NSAMB military staff member, or a dependent of a member of any NPS tenant command. The applicant must hold a valid military identification card and intend to pursue an undergraduate

or graduate degree on either a full-time or part-time basis.

The scholarships will be awarded for tuition, books, student fees and other college expenses. Applicants will be evaluated on merit, academic promise, participation in extracurricular activities and the ability to express their educational and/or career goals in an essay. Two references are required as well. Two recipients will receive scholarships of \$750 and one recipient will receive a \$500 scholarship.

Applications for the scholarships are available at the Family Service Center. For more information contact Kim Speckhahn at 372-7221 or speckhahns@aol.com.

A complete application must be submitted to SGC Box #1151 no later than April 22, 1998.

EASTER EGGSTRAVAGANZA

Spring is around the corner and so is the annual Easter Eggstravaganza sponsored by OSSC. This fun filled day for the whole family will be held on Saturday, April 4th from 11am - 1pm on the front lawn of Herrmann Hall. The exciting events include an egg hunt, a coloring contest, games, and a visit from the Easter Bunny!

If you have children who would like to participate in this event, it is essential that you pre-register them so we are sure to have enough eggs to keep all the little hunters happy.

If you have any questions on registering your children or are interested in volunteering please call either Tami at 642-9232 or Robin at 646-8588.

Gourmet Club

Hello. My name is Jennifer Ford and I'm the new Gourmet Club Hostess. The Gourmet Club will hold it's monthly meeting on Thursday, April 9th, at 7p.m. in the La Mesa Community Center. The theme for the evening will be International Cuisine. The cook's recipe voted the best will win him/herself a cookbook. Families are



always welcome, so please come and share your favorite recipe with everyone and leave that night's after-dinner cleaning to me!

The Gourmet Club for the month of May will be held on Thursday the 28th at 7pm in the La Mesa Community Center. The theme for the evening will be casseroles. For more information or to RSVP please call me at 658-0465. Hope to see you there!

Arts and Crafts Night

Feeling creative? Join us for Arts and Crafts night, once a month at the La Mesa Community Center at 7pm. We have many great activities coming up and we always have a great time while we learn a new craft. Please join us!

On April 14th we will get instruction on beginning calligraphy and on May 19th we might have the opportunity to learn the Japanese paper art, Origami.

Sign up sheets and materials lists are available at the OSSC meetings. If you have any questions or craft ideas please contact me, 899-0506 or SGC#1714.

Tina Walker
Arts and Crafts Coordinator

OSSC Membership Application

The Officer Students' Spouses' Club of the Naval Postgraduate School is for the spouses of all students. In addition to sponsoring monthly activities, OSSC also sponsors a tour of one of the historic adobe homes in Monterey, an International Student Tea and many holiday events. Dues collected entitle members to discounts, the monthly newsletter, the Pink Flyer, and the OSSC directory.

To become a member, fill out the form below and send it to OSSC SGC#1126 with a check made payable to OSSC.

1 year (4 quarters) \$15, 18 months (6 quarters) \$20.00, 2 or more years (8 quarters plus) \$25. This is a one time fee. Membership is free to international spouses.

SGC# _____ New Member _____ Active _____ Associate _____
Last Name _____ First _____ Phone # _____
Spouse's Name _____ Rank _____ Service _____ Curriculum _____
Graduation (month/year) _____ Address _____
City _____ Zip Code _____ Birthday _____
Length of Membership _____ Amount Enclosed _____ Are you interested in committee work? _____ Volunteering? _____
Would you like to participate in our club administration? _____
Would you like a copy of the OSSC By-Laws? _____
Do you wish to have your spouse's name, service, address & phone number in the OSSC Directory? _____

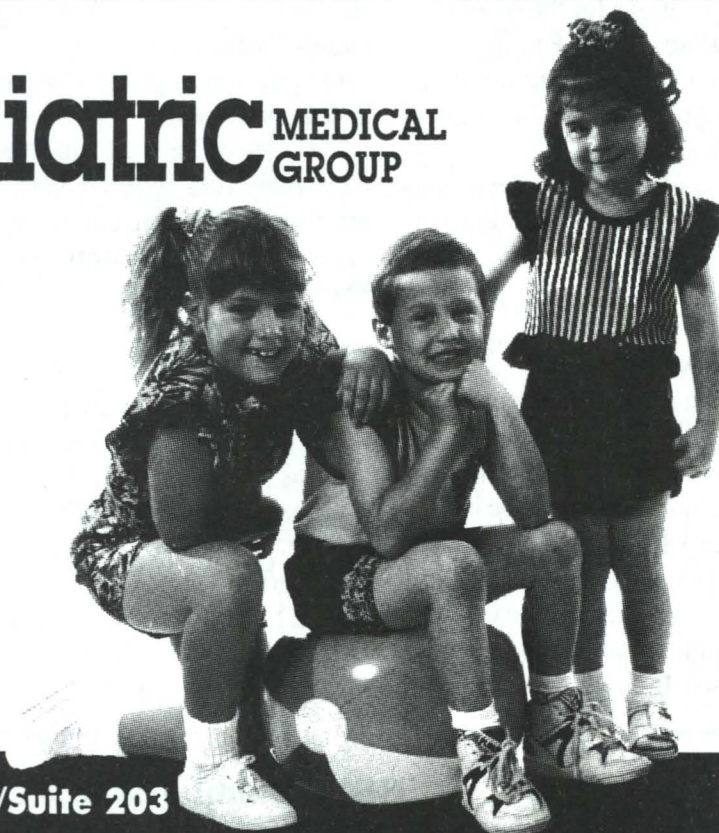
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April is both the month of the Military Child and National Child Abuse Prevention Month. We ask that you support our efforts throughout the year in reaching out to military/civilian families by attending some of the many classes we offer. One of the classes is called Magic 1, 2, 3.

The class is based on the teachings of Dr. Thomas Phelan. We begin the class by showing one-hour video by Dr. Phelan and then discuss how to use his ideas with your child. Dr. Phelan states that most parents end up going through the following scenario when disciplining their children: it begins with talking to, trying to persuade, arguing, yelling, and sometimes hitting their children.

Dr. Phelan suggests that you implement a more positive and direct approach by counting "one, two, three" for each infraction and then give the child a time out in their room. He encourages parents to try and stop persuading, arguing and yelling at their children.

If the situation is a more serious issue, don't wait and count to three, tell the child to take one minute for every year of the child's age in their room to cool down. Dr. Phelan advocates that too much talking doesn't work.

Families, both military and civilian, have different approaches to discipline. With the Magic 1,2,3 Program, it is easy to establish a systemic approach to discipline and work on the minor issues. In this way, parents don't blow up at each other over some of the serious stresses in parenting.

The program can work with children from age two and a half to 12, although implementation of the program may be easier with children ages three

and up. Dr. Phelan has done a lot of work with children of all ages, even those that are very difficult to discipline. This program addresses effective ways to start modifying and reinforcing positive behavior in children.

After listening to a number of excellent instructors on teaching different styles of parenting, Magic 1,2,3 has been proven to be a great program. Programs like Magic 1, 2, 3 cultivate better relationships with children in the long run and help to prevent the parents from acting out their frustrations when children don't follow their instructions.

The next Magic 1,2,3 class will be held at the Family Service Center (FSC), Building 2, on May 11th and 18th, from 4:30 - 6:30pm. It will be offered through the FSC every other month for the next year.

Families that have come to the class have given very positive feedback. Many parents like the program because it is very behavioral oriented and easy to implement with their children. It has also been noticed that men are very enthusiastic in implementing the concepts of the class.

FSC has a film and book on the Magic 1,2,3 Program that can be checked out. We also offer an overview of the program, which can be scheduled if you know of five parents who would like to attend.

Magic 1,2,3 is a tool like many good parenting programs and is not a cure all. We must not lose track that a model-parenting program should not take the place of our relationship with our children. Children are our future.

*Michael Cleary
Outreach and Prevention Specialist at
the Family Service Center. To learn
more about parenting or other classes
feel free to contact Michael at 656-3488
or mcleary@nps.mil.*

Other Monterey County Parenting Classes

Parents Place

1025 Lighthouse Ave, Pacific Grove
646-6623

On-site parenting classes that are geared for parents with children from birth to three years old. The two-hour classes are broken into specific age groups, which allows parents to come to class with their children. The children interact with each other and develop social skills and the parents learn parenting techniques from instructors and other parents in the class. As the children get older, their involvement in the classes becomes more focused on various activities that both child and parent can learn from.

"The teachers are providing answers to questions, but the real-life support in the classes come from the other parents with children at the same stages of development," says Linda Riddle, one of Parents Place's instructors.

The classes are typically run in eight-week sessions, although depending on space openings you can join a class at anytime. Parents Place also offers is a "Drop-In" class for any age group and a Friday afternoon "fun" class for all ages called "Young at Art."

Salinas Adult School

20 Sherwood Place, Salinas
753-4273

Ongoing parenting classes from childbirth to teenage years. Most classes consist of parent and child together in a group setting; however, the family education components are for parents only. There are many classes scheduled all year and any parent can join a class in progress at any time.

Salinas Adult School teaches the classes in English and Spanish and provides Day Care and a Pre-school on the premises. Also offered by the school are a Health and Safety Classes for nurses and the entire community.

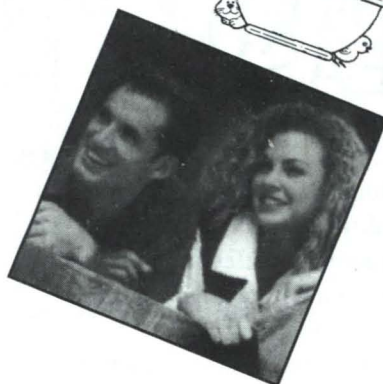


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FAMILY SERVICE CENTER CLASSES

APRIL AND MAY

Classes will meet at the Family Service Center, Bldg. 2 unless otherwise noted. At this time there is no childcare available. Please call 656-3488 for information and registration on the following classes:

First Friday Fun and Teen Group

A support and educational group for adolescents, 6th through 9th grade. Focus of the group will be on socialization and survival skills for young adolescents adjusting to a new community. Meets the first Friday of the month beginning April 3rd, 4:30 - 6:30pm; May 8th, 4:30 - 6:30pm.

Motivational Speaker and Ice Cream Social

A Navy Seal will discuss how to stay competitive without losing interest. Ideal for boys and girls, 5 - 12. Free ice cream will follow. Held at La Mesa Youth Center. April 10th, 3 - 4:30pm.

Disciplining Children

Learn 17 ways to discipline your child. Class topics: Setting Realistic Goals, Why Do children Misbehave, Improving Communication, Reducing Sibling Rivalry, Do Rewards Work? April 20th, 4:30 - 6:30pm.

Optimistic Thinking for Children

A class and support group for children ages 7 - 10. Focus on optimistic thinking and gaining self-confidence. Class will meet four consecutive days on the week of April 29th, 2:45 - 4pm.

Couple's Communication

A three-session seminar focusing on communication skills, problem solving, listening and feedback skills, and resolving conflict. Meets every Thursday for three weeks, starting April 30th, 6 - 8pm.

To Roth Or Not To Roth - That Is The Question.

There's no doubt about it, for most people, the new Roth IRA will replace the traditional non-deductible IRA. As you know, contributions to a Roth are also non-deductible. The maximum contribution per person per year is \$2,000; less any amounts made to a non-Roth IRA including SEP contributions. Contributions may not exceed your earned income (no change there).

Contributions are phased out for individuals with an AGI between \$95-\$110,000 and married couples filing jointly with an AGI between \$150-\$160,000. A married person filing separately may make no contribution. It no longer matters whether you participate in an employer sponsored pension plan. Contributions may be made after age 70 1/2.

According to the Tax Relief Act of 1997, withdrawals or distributions from a Roth IRA are not included in income if it is a qualified distribution. What does that mean? A qualified distribution is one that is made:

- * After a five year period, which begins with the first tax year in which the contribution was made.
- * On or after the individual reaches age 59 1/2,
- * Because of the disability of the individual,
- * For a qualified purpose, such as for first time home buyers (\$10,000 limit and haven't owned a home during the last 2 years), or for long-time unemployed individuals ('long-time' has not been defined as yet).

If the distribution doesn't qualify it will be taxed, and could be subject to premature distribution penalties of 10%.

Regular IRAs can be rolled into a Roth IRA. However, a few rules must be followed:

AGI must not be more than \$100,000 in the year of the rollover. The rollover must be done prior to

December 31, 1998 or it will be taxed as a regular IRA distribution. If the rollover is made this year, the tax that would otherwise be due is spread ratably over a four-year period. The 10% early withdrawal penalty doesn't apply.

A married person filing a separate return may not make such a rollover, regardless of income. Rollover amounts do not count as part of the \$2,000 annual limit.

Many of you have had or will have questions about whether it makes sense to rollover your current IRAs into a Roth IRA. Unfortunately, the

answer is not obvious for many of you. If you are confident that your AGI will be much less than \$100,000 in 1998, then a conversion to the Roth would make sense.

However, if you'll be close to the \$100,000 limit, then the decision to convert becomes a difficult one. If you convert funds and discover during tax time in 1999 that your AGI was over the limit, the entire amount converted immediately becomes taxable in 1998 and you incur the 10% penalty if you're under age 59 1/2. Likewise, if you're over age 60 and are thinking of or are taking distributions from your account, a conversion may not make sense.

The Traditional IRA

In General

Present law - Annual deductible contributions are allowed up to the lesser of \$2,000 of compensation if you or your spouse is not an active participant in an employer-sponsored qualified plan.

Taxpayer Relief Act - On joint income less than \$150,000, your spouse's participation in an employer plan

There's no doubt about it, for most people, the new Roth IRA will replace the traditional non-deductible IRA.

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will not affect your deductible contribution.

Income Phaseout

Present Law - If either of you is in an employer sponsored qualified plan, the \$2,000 limit is phased out between \$40-50,000 of AGI (joint) or \$25-35,000 (single).

Taxpayer Relief Act - The income limits for eligibility to make deductible contributions would be increased over time, beginning in 1998 until the phaseout range reaches \$80-100,000 of AGI (joint) in the year 2007, and \$50-60,000 (single) in the year 2005.

Waiver of Penalty

Present Law - If monies are withdrawn prior to age 59 1/2, a 10% early withdrawal penalty applies, unless the distribution is made as a result of death or disability, in the form of periodic payments, or for certain medical expenses or unemployment.

Taxpayer Relief Act - Same as present, but in addition: no penalty for first time home purchases (\$10,000 limit) or higher education expenses.

Nondeductible Roth IRA

In General

Present Law - The earnings on nondeductible contributions are taxable when withdrawn.

Taxpayer Relief Act - Annual contributions are permitted for a Roth IRA and earnings may be withdrawn tax free in certain circumstances (effective after 1997).

Income Limits

Present Law - No income limitation on eligibility to make nondeductible contributions.

Taxpayer Relief Act - The full contribution amount for a Roth IRA is phased out between \$150-160,000 (joint) and \$95-110,000 (single).

Limit on Contributions

Present Law - Nondeductible contributions aren't affected by 401K or 403B programs.

Taxpayer Relief Act - Contri

butions made to a traditional IRA are counted toward the annual limit to a Roth IRA. The max contribution to a Roth IRA is \$2,000 per person less contributions to all IRAs other than a Roth IRA.

Distributions

Present Law - Contributions are returned tax-free but earnings are taxable.

Taxpayer Relief Act - All amounts (including earnings) may be withdrawn tax free and without the 10% penalty if (1) a 5-year holding requirement is satisfied; and (2) the withdrawal is made after one attains age 59 1/2, dies, is disabled, or is used for a first-time home purchase. Any other distributions are taxable to the extent of earnings and subject to the 10% penalty.

Holding Period

Present Law - No provision.

Taxpayer Relief Act - The 5-year holding period would begin to run on all contributions (plus earnings)

made on January 1st of the year the first contribution is made.

Many of you . . . will have questions about whether it makes sense to rollover your current IRAs into a Roth IRA . . . the answer is not obvious . . . If you are confident that your AGI will be much less than \$100,000 in 1998, then a conversion to the Roth would make sense.

Rollovers

Present Law - No provision.

Taxpayer Relief Act - A Roth IRA may be rolled over to another Roth IRA tax-free. If AGI does not exceed \$100,000, a traditional IRA can be rolled into a Roth IRA; however, you

will be immediately taxed on the amount rolled over. The 10% penalty would not apply. If rollover occurs before 1-1-99, the tax can be paid over a 4-year period, beginning with the year of rollover.

Distributions after 70 1/2

Present Law - Required minimum distributions must begin after the calendar year in which taxpayers attains age 70 1/2 and also must be made after a taxpayer's death.

Taxpayer Relief Act - No minimum distributions required prior to death. The post-death minimum rules continue to apply under Section 401(a)(9).

Susan J. Rede

Susan is a Financial Planner currently practicing in Monterey. For more information on Roth IRA's or other financial planning needs contact her at: 80 Garden Court, Suite 240, Monterey, CA 93940. 800-326-7386. sjryocom@aol.com



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Military News

Welcome Aboard

Rear Admiral Robert C. Chaplin, NPS's new superintendent, comes from his last duty as the Commander, Amphibious



Force U.S. Seventh Fleet and Commander, Amphibious Group One. Born in Fort Knox, Kentucky, he is a 1970 graduate of the United States Naval Academy and was designated a naval aviator in January 1972. He received his

Master of Science degree in Computer Systems Management from NPS in the early 80's. His first command was of HSL-42 in March 1986. In June 1993 he assumed command of USS Wasp (LHD1) while the ship was deployed to the Persian Gulf. He and his wife, Janice, should arrive in Monterey March 31st.

DITY Move Payments Increases

The Defense Department is increasing payments for Do-It-Yourself moves to 95 percent of what the government would pay commercial moving companies to pack, haul and unload service member household possessions. This increase is up from the 80 percent that they were paying DITY movers previously. The new rules went into effect February 1st for permanent change-of-station orders effective on or after that date. Make note that these payments are considered taxable income and the government is expecting some of the money back with income tax returns.

Reserve ID Cards to go Total Force Green

In another step toward achieving full integration of active and Reserve military components, Secretary of Defense William S. Cohen announced that identification (ID) cards for all active component and Reserve active status U.S. military personnel will now be the same color - green. This initiative, to be phased in over a two-to-five year period that could begin as early as June 1998.

TRICARE Services For Region 10

Medical services for all eligible military beneficiaries here on the Monterey Peninsula are offered through the Department of Defense' TRICARE program. The civilian contractor responsible for Region 10's managed health system is Foundation Health Federal Services, Inc. FHFS is also the civilian contractor for Regions 6, 9, 11 and 12.

A brief synopsis of the local TRICARE system follows:

TRICARE consists of three options: TRICARE Standard formerly known as CHAMPUS, which is like a fee-for-service; TRICARE Prime, a health maintenance organization (HMO) and TRICARE Extra which is somewhere between the other two.

According to the available literature, when you are issued your military ID card, and if you are eligible, you automatically have TRICARE Standard (formerly known as CHAMPUS).

Standard offers the greatest freedom in selecting a health care provider. With this program, there are annual deductibles and the highest copayments.

TRICARE Prime is the most restrictive program. As a standard HMO, it requires you to enroll annually, and can involve an enrollment fee. With Prime, there are no deductibles and it offers the lowest copayments. It also offers you the most comprehensive medical care through a network of care providers.

In TRICARE Prime, you must select a primary care manager (PCM) from the network provider list. These PCM's are selected from local family practitioners, general practitioners, gynecologists, pediatricians and internal medicine physicians.

At this time, there are some limitations in choices of PCM specialists available on the Monterey Peninsula so become informed before you obligate yourself to enrolling in Prime for the one-year enrollment period.

If TRICARE Prime is used correctly, you usually are only responsible for co-payments. Before enrolling in TRICARE Prime, become an informed consumer of your options. Understand the program before you enroll, as in any managed health care system, there are limitations and exceptions for health coverage.

TRICARE Extra utilizes the doctors, hospitals (if applicable), or other medical providers listed in the network provider directory. It is similar to Standard with no enrollment and an annual deductible; however, the cost-shares are five percent lower than Standard after the deductible has been met.

A non-network provider may bill TRICARE beneficiaries, including Prime members, for additional amounts over what CHAMPUS pays, even if they were referred by the PCM. This practice is called "balance billing."

One of these medical services that all TRICARE beneficiaries are responsible for and that can be exorbitant, is ambulance service. Currently in Monterey, TRICARE will only pay a small portion of your ambulance bill; therefore you are responsible for paying the balance of the bill. Your share of the

Active Duty Health Care

Active duty members utilize the Presidio of Monterey Army Health Clinic (POM) for their medical needs. POM operates as an appointment only clinic.

All appointments are made by either by fax or telephone prior to your arrival at the clinic. Appointments may be made Monday through Friday between the hours of 0700-1530 by calling 242-5741, 242-5742 or 242-5743.

Active duty sick call appointments may be made for the same day by calling POM at 242-5234 or 242-5663 between the hours of 0600-0700.

Walk-in for acute injury or illness is between 1600-1800 Monday through Friday. Additionally, POM is open for sick call 0800-1000 on Saturday morning.

After hours On-Call Physician can be reached at 242-5234 or 242-5663, 24 hours a day, seven days a week including holidays.

As a reminder for the active duty member, if you PCS'd here and you have medical bills for services you received while enroute, or if you receive any medical bills while you are assigned to Monterey, please contact Ms. Elodie Higgins, Health Benefits Advisor at 242-7566.

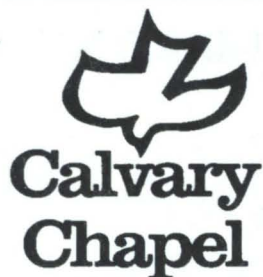
ambulance bill is usually \$300.00 to \$500.00, depending on how far the ambulance must travel.

Also at this time, beneficiaries are responsible for a separate co-pay if lab work or x-rays are taken at your doctor's office during your appointment and the work performed is sent out for processing.

TRICARE is a good program if used correctly. Therefore, it is imperative that you remain informed about TRICARE and remain up to date with changes. Always keep your address and telephone number current with your ID card section at your military personnel office and with TRICARE.

As a TRICARE beneficiary, whether TRICARE Standard or TRICARE Prime, you should occasionally receive a TRICARE Newsletter. Use it as a guide to understanding your medical program. Become an informed beneficiary of TRICARE. This will allow you to access care correctly without paying extra fees.

Ms. Elodie Higgins is the Health Benefits Advisor; employed by Department of Defense, available to assist you with information on TRICARE, Supplemental Insurance, and your dental program-United Concordia (which is not part of your medical coverage). Feel free to call her with questions you may have about your family's health care, she can be reached Monday through Friday at 242-7566.



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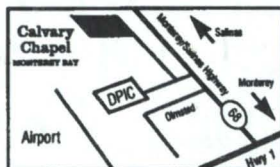
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Health News

Are your claims being filed?

Authorized providers of TRICARE Standard, who do not participate in TRICARE's provider network, are no longer required to file claims for their patients. This rule was effective November 18, 1997. Therefore, if you are using a non-participating provider, it is necessary to verify that the provider you are receiving your care from will file your claim. If your non-participating provider does not file your claim, you have one year from the date of service to file.

TRICARE Delays in Regions 1, 2 and 5

TRICARE coverage for Regions 1, 2 and 5 may be delayed again for up to year or interrupted because of legal questions presented by the contractors, Foundation Health Federal Services and Humana Military Health Care Services, that did not win the government bids for these regions.

Sierra Military Health Services, the contractor that won the Region 1 bid, has been told to start marketing the program in early April and begin enrollment on May 1st. The official date for start of services for TRICARE in Region 1, the National Capital region and the rest of New England, has been slipped from May 1st to June 1st, 1998.

Anthem Alliance for Health won the bids for Region 2 and Region 5.

Retiree Dental Plan

NMFA, National Military Family Association, as been informed that the Delta Select Retiree Dental Program web page (<http://www.ddpdelta.org>) should now have a list of the providers who are participating in the plan. You can inquire about your premium on the web page and obtain other information. You may also call Delta's toll free number (1-888-838-8737).

New Administrative Agency

TRICARE Management Activity has been created to manage TRICARE operations. TMA has assumed the operational functions of the Defense Department's Office of Health Affairs and the TRICARE Support Office (Office of CHAMPUS). Address all beneficiary concerns, complaints and appeals to TMA, Aurora Field Office, 16401 E. Centretch Parkway, Aurora, CO 80011-9043.

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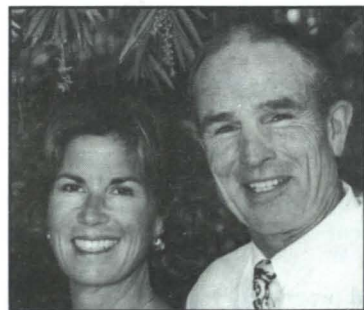
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A Response To A Letter To The Editor

On Tricare Balance Billing Procedures In Monterey County

... On August 14 of this year (1997) my four-year-old daughter, Kiley, had her first seizure. My Wife immediately called 911 for advice and they dispatched the ambulance to our home at 1300 Fechteler Drive, La Mesa military housing complex. Her seizure lasted about five minutes and the ambulance chose to take her to the Monterey Peninsula Community Hospital. The EMT's insisted that this was the best things to do.

On September 9, my daughter had her second seizure. In this case rather than calling for ambulance service, we called our pediatrician. After eleven minutes of seizing the doctor instructed my wife to immediately call 911. Upon arrival, the EMT could not get her to stop seizing and they rushed her to the hospital, this seizure lasted around 25 minutes.

I received the bill from Peninsula Medics, the only local ambulance service. The approximate charge for the 3.8 mile trip was \$720.00 each. I first called Champus and discussed the situation with them (800-930-2929), they (Dorothy) stated that as long as the services were recorded as an emergency that the bills would be covered. Now, they inform me that Champus will only pay for the set fee of \$206.80 for ambulance services. Another problem that I've identified is that Monterey county only has ACLS ambulance services and not a basic service, which charges a lesser fee. After further research, I found out that the law allows ambulance services to charge whatever they want and we are responsible for paying the difference between their price and Champus' standard fee.

...The situation as I see it, if people are forced to pay \$500 for each ambulance related emergency service, they are going to be more reluctant to call 911 in emergency situations. ... There is a certain point where people, like myself, won't be able to afford calling the ambulance. Isn't there something wrong with this scenario? What happened to our military medical benefits? I think Champus is sending the wrong signal and it will eventually end in a catastrophe.

LCDR Jack O'Rourke

Originally printed in December 1997/January 1998

As the Commanding Officer of Naval Hospital Lemoore, which has cognizance over the support for Naval health care in the Monterey area, I take this opportunity to address the concern and frustration the issue of balance billing is causing many military health system beneficiaries.

This concern and frustration was well expressed in a December 1997 Classmate editorial by LCDR O'Rourke. Unfortunately for LCDR O'Rourke and others who may have had similar experiences, balance billing for ambulance services represents a loophole in the system, which the leaders of the Army, Navy, and Air Force departments are working to resolve.

Balance billing occurs when a medical provider bills the patient for the remainder of the provider's charges after the patient's civilian health insurance plan or TRICARE has paid its share. Under federal law, health care providers are prohibited from charging more than 115% of the CHAMPUS Maximum Allowable Charge. However, this law does not currently apply to ambulance service providers and other non-institutional providers.

The FY 1996 DoD Authorization Act included a rule to protect TRICARE Prime enrollees from balance billing. However, it was not approved for implementation until the FY98 Appropriations Act. Once in effect, which is expected in the near future, Prime enrollees who use the emergency medical system following the TRICARE Prime rules will only have to pay the copayment amount for ambulance services. (Current TRICARE Prime copayment for ambulance services is \$10 for E-4s and below, \$15 for E-5s and above, and \$20 for CHAMPUS eligible retirees). A regulation to protect TRICARE Standard and Extra beneficiaries from balance billing for ambulance services has been proposed, and implementation of this regulation is pending review, coordination, and final approval in Office of Management and Budget, in Washington, DC. In addition, the Navy is requesting that the balance billing issue be corrected retroactively to the date the 1996 DoD Authorization Act was passed.

While this response may not eliminate the frustrations of ambulance service balance billing experienced by LCDR O'Rourke and others, I hope it will provide a better understanding of the system and the steps being taken to correct the problem.

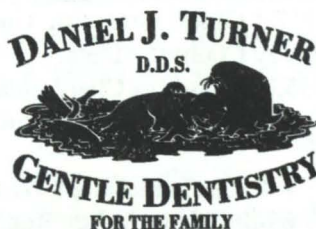
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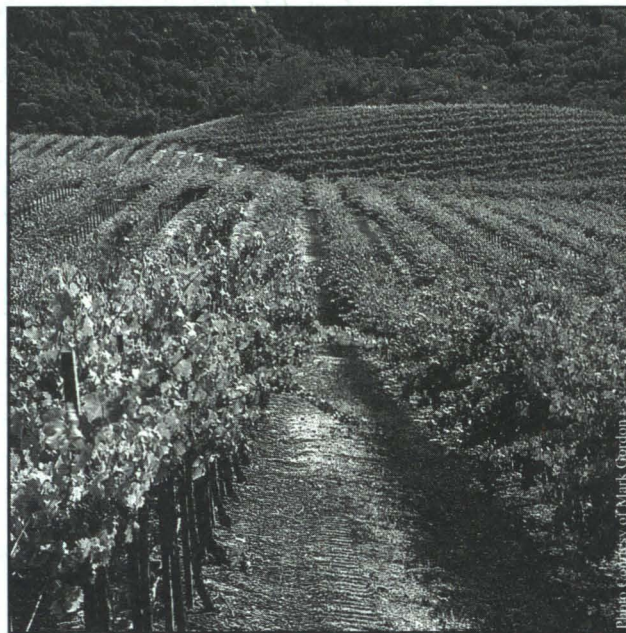
Good Taste Is Your Taste

A wise person once said that the difference between a Wine Connoisseur and a person who likes to drink wine is...adjectives. This helps put wine tasting into perspective. Wine can bring so much pleasure to life...romantic dinners, summer Bar-B-Ques with friends, large family holiday feasts, etc. Unfortunately, all of this is forgotten when you are standing at a tasting staring at a sample of wine in a glass. You try to look like you know what you are doing. You may be curious, but you say nothing for fear of asking the wrong questions. Fear not, with the following pointers, you can taste with confidence.

Let's start with the wineglass itself. Wineglasses come in all sorts of shapes and sizes. There seems to be a shape of glass for every type of wine. For tasting, the best glass is one with a classic tulip shape. This is so you can swirl the wine vigorously without spilling it. The curve in the glass is to help hold in the perfume of the wine sample. All you really need in your glass is one to two ounces of wine. The wineglasses have stems because that is a good place to hold the glass. If you hold your glass by the bowl, you will have a glass that is covered with greasy fingerprints and wine that is warm.

To have a great time at the tasting and to save your senses from an early burnout, have a plan. Taste white wine before the red, lighter wines before heavier and dry wine before sweet.

continued on page 22



Robert and Patty Brower founded winery in 1982. Varietals include Chardonnay, Sauvignon Blanc, Merlot, Cabernet Sauvignon, Johannisberg Riesling and Gewürztraminer.

★5 Cloninger

Cellars - 1645 River Road, Soledad, Mon. - Thurs., 11 - 4, Fri. - Sun., 11 - 5, (675-9463). Cloninger has a new winemaker, Dave Paige. Varietals include Chardonnay and Cabernet Sauvignon.

★6 **Durney Vineyards** - 13746 Center St., Carmel Valley, open daily

10 - 4, Sat. 10:30 - 3:30, (659-6220). A pioneer of the Carmel Valley viticulture area. Chardonnay, Chenin Blanc, Pinot Noir, Cabernet Sauvignon and Riesling.

★7 Jekel Vineyards - 40155

Walnut Avenue, Greenfield, open daily 10 - 5, (674-5522). Owned by Brown-Forman, the ultra-modern winery produces 60,000 cases each year. "Riverstone" Chardonnay, "Bay Mist" Johannisberg Riesling, Cabernet Sauvignon, Cabernet Franc, Merlot, Petit Verdot, Malbe, and Meritage Red.

★8 The Monterey Vineyard

- 850 South Alta Street, Gonzales, open daily 10 - 5, (675-4060). Produces five varietal wines from grapes grown in Monterey County. Chardonnay, Sauvignon Blanc, Pinot Noir, Merlot, Cabernet Sauvignon, Classic White and Classic Red.

★9 Paraiso Springs Vine-

yard - 38060 Paraiso Springs Road, Soledad, Mon. - Fri., 12 - 4, Sat. - Sun., 11 - 5, (678-0300). Family owned and operated. Chardonnay, Pinot Blanc, Johannisberg Riesling, Gewürztraminer, and Pinot Noir.

★1 Bargetto Winery - 3535

N. Main Street, Soquel (winery), open daily 9 - 5, tours by appointment (475-2258). Monterey Tasting Room, 700 Cannery Row, open daily 10 - 6, (373-4053). Located along Soquel Creek producing Santa Cruz Mountain Wines and unique fruit wines. Chardonnay, Pinot Noir, Cabernet Sauvignon, Merlot and Gewürztraminer.

★2 Bernardus - 5 West

Carmel Valley Road, Carmel Valley, open daily 11 - 5, (800-223-2533). Bernardus' goal is to create wines that flatter the palate. Varietals include Chardonnay, Cabernet Sauvignon and Pinot Noir.

★3 Chalone Vineyard -

Stonewall Canyon Rd (Hwy 146), Soledad, open weekends 11:30 - 5, (678-1717). Oldest producing vineyard in Monterey County. Annual production of 35,000 cases of Chardonnay, Pinot Noir, Chenin Blanc and Pinot Blanc.

★4 Chateau Julien Wine

Estate - 8940 Carmel Valley Road, Carmel, Mon. - Fri., 8:30 - 5, Sat. - Sun., 11 - 5, (624-2600). Owners

Cobblestone - Arroyo Seco Chardonnay available at Paraiso Springs Vineyards Tasting Room.

★10 River Ranch Vineyards

- 19 East Carmel Valley Road, Carmel Valley, open daily 11:30 - 2:30, 6 - 8:30pm, (659-1525). Wine tasting in the historic White Oak Grill restaurant. Chardonnay and Pinot Noir.

★11 Scheid Vineyards - 1972

Hobson Avenue, Greenfield, open daily 10 - 5, (386-0316). Since 1972 the Scheid family produces a limited quantity of wine. Chardonnay, White Riesling, Cabernet Sauvignon and Merlot.

★12 Smith & Hook - 37700

Foothill Road, Soledad, open daily 11 - 4, (678-2132). Located in the Santa Lucia Highlands, above the Salinas Valley. Produces the Masterpiece Chardonnay and Masterpiece Cabernet Sauvignon. Other Varietals: Viognier, Merlot and Cabernet Sauvignon.

Hahn Estates - Chardonnay, Merlot, Cabernet Franc and Cabernet Sauvignon.

★13 A Taste of Monterey -

700 Cannery Row, Monterey, open daily 11 - 6, (646-5446). Try wines from all of Monterey County's wineries, even if they do not have a tasting room of their own! Also offers educational exhibits, mini theater and local produce bar.

★14 Ventana Vineyard -

2999 Monterey-Salinas Hwy (Hwy 68), Monterey, open daily 11 - 5, (372-7415). Five minutes from downtown Monterey in the "Old Stone House." Chardonnay, Dry Riesling, Riesling, Orange Muscat, Merlot and Cabernet Sauvignon.

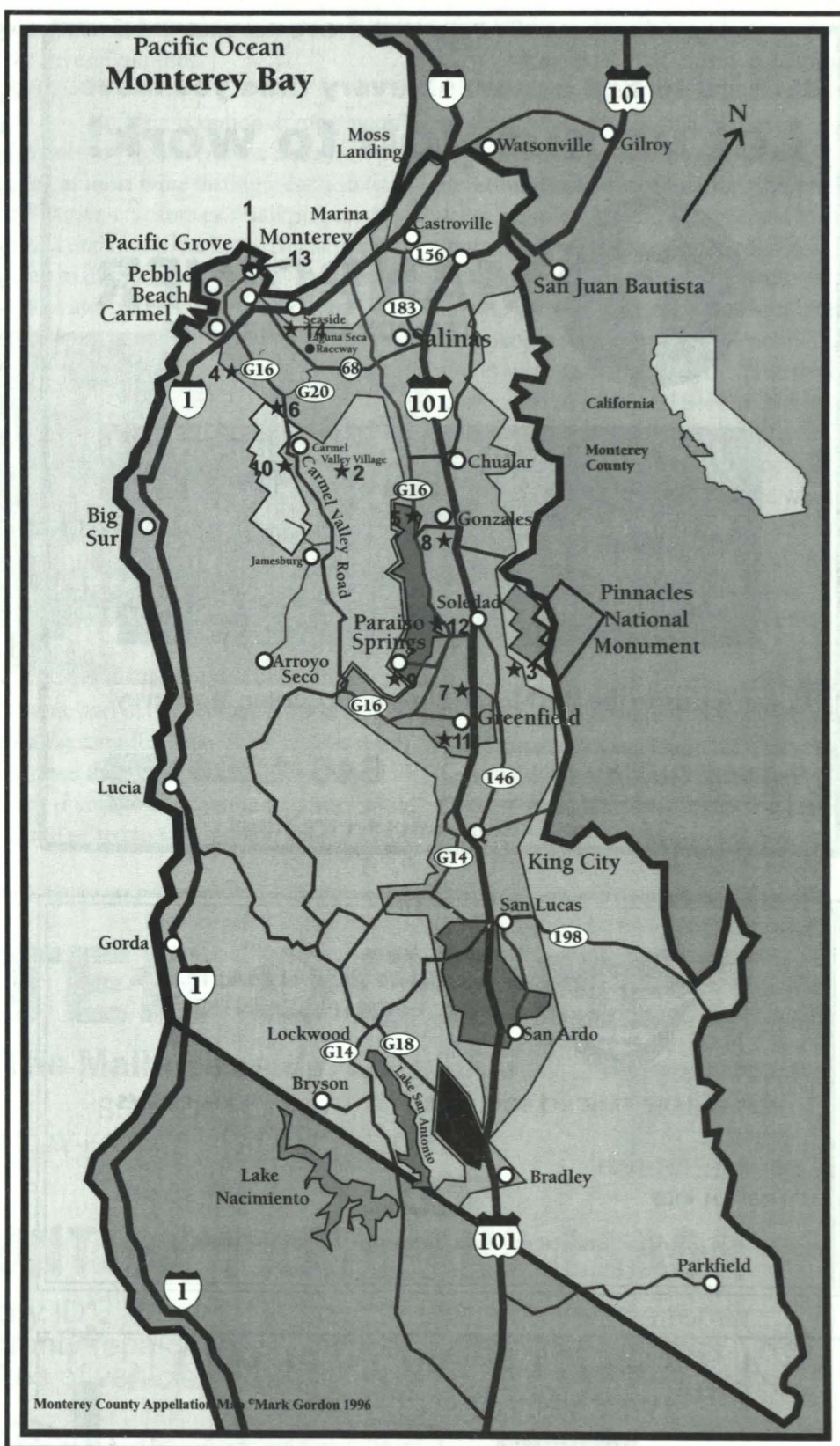
Worth the trip, but not located in Monterey Country:

Fortino Winery - 4525 Hecker

Pass Hwy (SR 152), open daily 10 - 5, (842-3305). In 1970 Fortino purchased the Cassa Brother's Winery and converted production from bulk to varietal wines. Produces 16 different varietals.

J. Lohr Winery - 1000 Lenzen

Avenue, San Jose, open daily 10 - 5, (288-5057). Estate owned vineyards are located in Monterey County and Paso Robles. Cabernet Sauvignon,



Chardonnay, Gamay, Johannisberg Riesling, Merlot, Fume Blanc and White Zinfandel.

Live Oaks Winery - 3875

Hecker Pass Hwy (SR 152), open daily 10 - 5, (842-2401) Annual production is 4000 cases of Chenin Blanc, Burgundy, Chardonnay, Gewürztraminer,

Johannisberg Riesling, Zinfandel and Sauvignon Blanc.

Storrs Winery - Old Sash

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SEE

The first step when you get your sample is to look at it. Hold your glass up to the light, if you can see clearly, the following is what you would be looking for:

Clarity- Are there things floating around in your wine? Whites, for the most part, should be clear. However, red wine may have some goodies, like crystallized tartaric acid (tartrates) which look like little pieces of salt. These are harmless, however it is gritty, and this is one reason why you do not empty a bottle of red completely...unless you're real thirsty.

Color- is it white or red? How about pale yellow, light straw, ruby, garnet or brick. Different varieties of grapes will have differing colors. The color of wine can indicate flaws too. Brick color in red wine indicates oxidation, however you would expect an older wine to have more oxidation. With white wine, light color generally mean less or no wood contact than wines with more golden yellow colors.

SWIRL

The second step is to swirl the wine. Grab the wine by the stem, then spin it in a circular motion. The technical term for this is called 'volatilizing the esters'. You are allowing the wine to breathe by reacting with air. The swirling the liquid releases the perfume of the wine. This can be especially useful if the wine was just opened.

SNIFF

Now, smell the wine. Do not wave your nose over the glass and take a light whiff. You should put your nose entirely into the glass. Take a few good long sniffs, maybe swirl again and sniff. Your sense of smell is much more sensitive to the flavors of wine than your sense of taste.

Spend some time with your sample. Don't be so quick to taste it. Only with practice will you start to build a vocabulary of adjectives that people use to describe what their nose senses:

Aroma - The aroma is the smell of the wine, which comes from the grapes. Most common descriptors are names of fruit due to the fruit-like smells in the wine

Bouquet - The bouquets are the smells of wine, which come from man-made intervention. For example, oak aging and barrel fermentation. In contrast to aromas, the bouquet of wine is a little more difficult to pick out.

SIP

The tongue is divided into four areas, which detect higher concentrations of taste sensations, bitter, salt, sweet and sour.

The best way to enhance your tasting evaluation of wine is to trill the wine in your mouth. Bring a small sample in your mouth, tilt your head slightly forward and draw in air over your tongue. By sipping the wine vigorously like that, the wine is oxygenated right in your mouth. This intensifies the taste sensations from wine three-fold.

Now you can swallow the wine. The flavor that is left in your mouth and the smell in your nasal passage, after swallowing wine, is called the finish. Ask yourself, what were the tastes and smells? Some wines have

almost no finish, while others can linger for several minutes.

SPIT

Spitting is optional; most people are not very good with the aim. However, at most wine tastings, each station has water, crackers or small pieces of bread and dump buckets. Buckets are used to dispose the wine not consumed. The water and bread will help clear your



tongue and better prepare it for the next tasting sample. Also water maybe used to rinse the glass; rinsing is not necessary if you go from white to white, white to red or red to red, but it is necessary if

you go from red to white.

Above all else, have a good time with wine tasting. Wine is a natural product, which has been a part of civilization for several thousand years and should not be intimidating. Sometimes, people who know or pretend to know about wine have a tendency to want to share their knowledge with anyone who will listen. As a result, they turn people away from experiencing the fun in wine tasting. I bet you have never taken a sip of real good beer and said "This is pretty good, but I am no connoisseur" We should not discount your opinions of wines. You like what you like. However, if you decide you do want to learn more about why you like it, there is a lot to know. But, as for enjoying a wine tasting, that's as easy as eating meat loaf.

Ken Rauh

For those who wish to have a hands on course in wine tasting, set up a group tasting class at A Taste Of Monterey, 700 Cannery Row, Suite KK. To book a tasting please call 646-5446.

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WHERE DO YOU GO FOR A GOOD CUP-OF-JOE?



I'm in search of the perfect cup of coffee. Preferably not too hot that I'm unable to taste anything else the rest of the day, and not all foamy and fluffy and foo-foo. A cup of coffee without a rock candy stir stick; a cup of coffee that won't put hair on my chest; a cup of coffee that I can pronounce ... a hot black beverage my grandpa fondly referred to as "a good cup-of-joe;" that's what I'm looking for.

My search for a good cup-of-joe takes place in Monterey. One day-trip to historic downtown and I discovered a handful of great coffeehouses all within a one mile radius. Now, I wouldn't recommend hitting all these places in one day unless you want to be a jittering fool, but you might highlight these on your mental map of good to the last drop locations; they could come in handy during finals week.

Morgan's Coffee and Tea, stop number one, is the castle on the corner of Pearl and Washington. What makes Morgan's so great is not only its in-house roasted beans but also its eclectic atmosphere. The grunge fashion movement is alive and well at Morgan's! Now that's not to say "regular" folks won't feel at home there too; student types and professionals frequent this cozy corner coffee-house as well. I found the variety of outfits as entertaining as the local and national musicians Morgan's brings in on the weekends. And it



seems as if Morgan's friendly employees are on a first name basis with most customers, who feel right at home reading a magazine, studying, exchanging dirt, or playing a game of chess.

Morgan's offers four rotating roasts of the day for coffee-by-the-cup drinkers: a light, a dark, a blend, and a decaf. A smooth house blend to try is Rowan's Blend (named after the owner's daughter). For something a little darker, try Storm the Tower for a good strong flavor. If you need a "shot in the arm," Bree Hill one of their talented baristas recommends a Colombian light roast. Snaz-up your drink with a flavored syrup shot or skip the cream and go organic with a shot of soymilk.

Maybe having coffee out makes drinking coffee more glamorous, maybe it fills a void for social interaction, and maybe it's just a fad soon to be replaced by shake shops or milk bars.

Specialty drinks to try, according to Bree, are the mochas or Cafe Borgia a delicious dessert alternative. This traditional Italian dessert drink is a combination of coffee, chocolate and orange flavors. Coffee not your "cup of tea?" Then try one of their many types of loose teas. When the munchies hit, you'll find a wide assortment of biscotti, cookies, brownies and something that looks like a hockey puck made out of oatmeal (too much fiber for me in one sitting). And when you've found your favorite roast (choose from more than 20 bean selections), you can take it home by the pound. Beans are sold whole or ground to your liking.

Morgan's Castle Club Card is a perk for frequent coffee drinkers. Use the card to get a free coffee drink for every ten you buy or a free pound of beans for every ten purchased. Bring in your own cup or small thermos and they'll fill it with coffee-of-the-day for a buck or 10% off any other beverage. Morgan's is open M-Th 6:30AM-10PM, 24 hours Fri and Sat, and until 9PM on Sundays.

Stop number two... Bay Books Coffeehouse, located at the end of Alvarado Street, is nestled inside Bay Books. Having grown from a small cart kiosk in the

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bookstore into a large counter style
coffee bar with plenty of seating
indoors or out, Bay Books Coffee-
house has much to
offer.



Coffeehouse
Manager, Brian
Cassidy
shared what
he considers

their best medium roast
brew, Celebes Kalossie. It's a
delicious smooth blend with a hint of
chocolate. "It's so popular that
tourists will leave the store with a 5
pound bag to take home," says
Brian. Another popular roast is the
Costa Rican and for a fuller taste try
the strong dark French Colombian.
The mochas and lattes are pretty
popular too... not to mention their
awesome desserts! Lemon squares,
bread pudding, cheesecake, cookies
... is your stomach growling yet?
"And they're all homemade by a guy
named Baker," Brian adds.

You can enjoy your favorite
blend from six rotating coffees of the
day: one flavored, one dark, one
light, one medium, a house roast and
a decaf as you browse through a
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coffee or espresso, and if you pur-
chase ten coffee beverages you get
the eleventh free by using a Ten-Cup
Card (ask for it at the counter). Find
your favorite bean amongst fourteen
different varieties and take it home

intact or ground to your liking. Bay
Books Coffeehouse is open Sun-Th
7:30AM-10PM, Fri and Sat
7:30AM-11PM

Third stop, Plumes Coffee.

This busy shop situated in the heart
of downtown Monterey has lots of
windows for you to watch passers-by
too busy to stop and smell the roses,
or coffee as in this case. Music from
cars that get caught at the red light in
front of Plumes and the somewhat
loud conversations of people on their
way to someplace important, filter in
adding to the shop's bistro feel.

How's Plumes coffee?

"Fresh, fresh, fresh," as enthusiasti-
cally described by a Plumes regular.
On my visit, I selected from the
seven most popular roasts listed on
their coffee menu. The Heart of
Darkness, while highly recom-
mended by Supervisor Michael
Bump, sounded a little too heavy for
me; so I opted for a cup of the Sweet
Italian blend. Sweet Italian is deep
and dark with a light sweet nutty
flavor and by far the strongest cup-
of-joe I had on my journey. Michael
says their most potent blends are
Indian Malabar, "an earthy light
roast with a lot of caffeine," and the
Zanzania Berry for when you want a
kick in the pants. In addition to their
popular espresso menu, Plume's has
an extensive selection of teas and
cool bottled juices as well as some-
thing sinful to calm your munchies.

Plumes brews for a large "get
it to go" customer base, although at
any given time during the day you'll
find their coffeehouse full of stu-
dents and tourists. Frequent coffee
connoisseurs can purchase a coffee
card for \$19, which gives fourteen
coffees for the price of twelve. Or
just buy a pound or two of your
favorite brew from the largest whole
bean selection I discovered ... 30
different beans! Visit Plumes Sun-
Wed 6:30 AM-11PM and Th-Sat
6:30AM-Midnight.

hard to think coffee and not think of Starbucks (stop number four); and yes, Monterey has one too. Despite Starbucks mass-market approach to coffee, the steady stream of caffeine cravers that trickle in don't seem at all bothered.

Upon entering Starbucks on Alvarado, you immediately feel submersed into a warm comforting coffee beverage. Everything from the natural floor tiles to the rich earthy colors used on the walls welcome you to a memorable coffee experience. They certainly have an extended espresso and coffee beverage menu, but I found their two "brew of the day" selections to be limited — one regular and one unleaded — as compared to the others on my journey. The flavor of the day was Sumatra, full, rich and mildly acidic; this brew is an excellent choice for "wake me up in the morning" coffee.

"We have more specialty coffee drinks than others" shared a Starbucks employee, and indeed their specialty menu is impressive. The Carmel Macchito is a caramel flavored espresso drink that gets rave reviews. My personal favorite is the controversial Frappuccino. While many purists show this frozen caffienated-concoction little respect, it sure is tasty on a hot summer day.

Of the crowd in the coffee house the morning of my visit ...perhaps it's Starbucks well known name that draws the sophistics, designer label and black leather clad who seem to ponder life's more important questions; mine that day ... "did I remember to feed the cats?" In all actuality, Starbucks serves to a well rounded audience and had the largest "older than baby-boomer" population that I noted.

When leaving Starbucks, don't forget a pound of your favorite bean (they have eleven regular roasts and three decaf) or merchandise from their assortment of coffee paraphernalia.

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Where will you go for a good cup-of-joe? Some might argue their Mr. Coffee in the kitchen rules! Yes, it's true, with all the great gourmet beans and specialty roasts available for purchase it's just as easy to get a great cup of coffee in the comfort of your own home. But there's something significant about meeting friends out in town for a grande mocha, or stopping by your favorite coffeehouse after a satisfying meal for a cappuccino, or getting a good cup-of-joe to go on the way to school or work.

Maybe having coffee out makes drinking coffee

more glamorous, maybe it fills a void for social interaction, and maybe it's just a fad soon to be replaced by shake shops or milk bars. Although I hardly think a "good cup-of-milk" will produce similar results.



While this roasted roadtrip takes place on limited turf, be sure to try these popular coffeehouses outside the downtown Monterey area: Caffe Cardinale in Carmel and Carmel Valley Coffee Roasting Co.; Juice and Java and Caravali Coffee both on Lighthouse in P.G.; in Salinas try Number One Java Drive.

Carol A. Picon

Carol works in the non-profit sector by day and drinks coffee the rest of the time.



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MOTHER'S DAY

On or about Mother's Day, most mothers will receive phone calls, cards, flowers and even gifts. Hallmark is just one of the many choices available to us, as tokens of our appreciation. We search for the card that delivers the perfect message. We don't even have to write it ourselves, we simply sign at the bottom. This is a blessing for those of us who have difficulty expressing our own feelings...regardless, it is a preferred way to show we care.

Getting along and having a relationship is wonderful! We should not take it for granted, but rather take advantage of the opportunity to look at our moms in the eyes, and tell them that we love them. Wouldn't it be nice to feel that closeness, to take a walk and talk about special memories, or just enjoy each other's company and hug? What a significant and necessary bond, that of a mother and child.

Unfortunately many families do not see eye to eye, and will not be sharing the many splendors of the ties that could reunite them. While many of us become our mothers when we have children of our own, there is also a vast majority of us who do things different. Consciously and purposely we choose opposite means and ways to run our households and raise our families.

Could this be the result of negative upbringing experiences, more than just disagreement? Perhaps a misunderstanding led to an argument and hurtful words were said. Maybe something was done which evoked a separation!

Whatever the circumstance, if something has kept you apart from your mother, I then propose to you the following: take this upcoming Mother's Day to patch things up and to reconcile, call it "Spiritual Spring Cleaning".

...Life, here and now, is not guaranteed. If you still have the chance to make things right, you need to make attempts. Someone has to begin the mending. Let that someone be you.

Whatever has kept you from having that unique, and loving relationship with the one person you call mom, it does not have to haunt you for the rest of your life. Everyone deserves to be heard and understood.

Communication will open closed doors, honesty and respect will keep them open, and love...love will make them the passage for reconciliation. Then forgiveness and acceptance will follow hand in hand.

Whether you use the telephone, write a letter, or do it face to face, please, give it some thought. We are entitled to have that bond with our mothers. We should not be robbed of such a natural relationship.

So, if you are able, won't you make this Mother's Day a real happy one?

Paulette S. Hersberg-Guffey

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"Prime Time Together...With Kids"

Hey Dads! This is the perfect Mother's Day gift. While you're studying for that degree, this brightly colored book will enable mom to share playful creative time with kids no matter what the season through over 100 quality-time activities. Contact me for more information on imaginative mother's day ideas. Kata Matheson, Discovery Toys Educational Consultant, 373-8697 or matheson@universal-net.com.



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"I REMEMBER MAMA": A MOTHER'S DAY CELEBRATION

May is Older American's Month and OMBUDSMAN for Long-Term Care will again salute mothers everywhere by sponsoring "I REMEMBER MAMA"—1,000 blossoming plants (such as African violets or begonias) will be delivered by volunteers to Mothers and Grandmothers in nursing and assisted living homes. Donors may buy plants for delivery to specific residents or, in the alternative, they may buy a surprise for a lady who wouldn't otherwise receive anything. The plants are sponsored by individual and corporate donors (a \$20 donation/plant is requested). OMBUDSMAN also provides the opportunity for larger donations, generally via service clubs, military units or corporate donors. Group donors will be acknowledged and the groups are encouraged to deliver plants to their own (sponsored) nursing home.

Once the donations are in, the fun begins. Volunteers label and deliver the plants to Moms and Grandmas in Monterey County's nursing and assisted living homes on Mother's Day. For this fifth annual Mama celebration, OMBUDSMAN hopes to reach even more of elderly ladies than in the past.

In addition to their intergenerational program, "OmBUDDIES," OMBUDSMAN for Long-Term Care investigates complaints and assists with information concerning long-term care facilities in Monterey County and they provide referrals for information regarding facilities in other areas. A local nonprofit agency, Ombudsman is mandated by law to protect the rights and dignity of residents in these facilities and they aid residents who are often low-income, with multiple problems and little (if any) family support.

You can reach the OMBUDSMAN office at 758-4011 from Salinas or 333-1300 from the Peninsula for more information about I REMEMBER MAMA, OMBUDSMAN services, "Little OmBUDDIES" or tips on how to choose a long-term care facility.



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STORAGE, SOFTWARE AND SCANNERS -SIMPLIFIED!

What if your hard drive crashed? Do you hunt and peck on the keyboard? Have you been thinking about e-mailing a picture of the Monterey scenery to those out at sea?

As computer technology advances, it is hard to keep up with the latest computer equipment. We rely on the information provided by professionals, manufacturers and industry journals to sift through the tech-quagmire and purchase the best equipment to suit our needs.

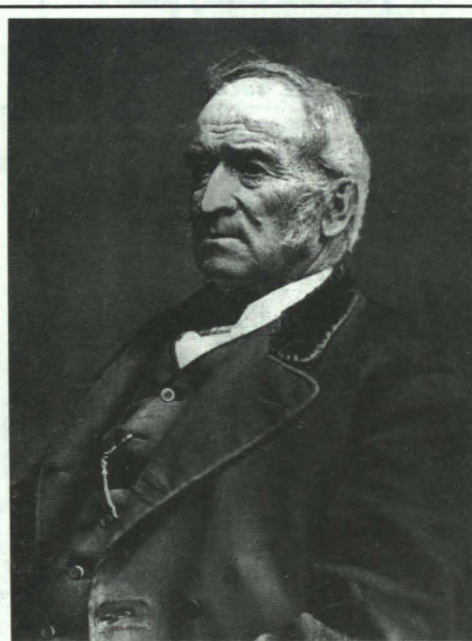
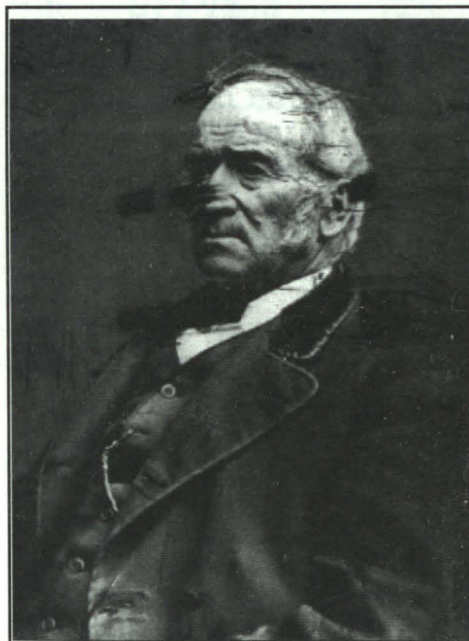
Here we have asked local computer gurus to bring us up to date on storage drives, voice recognition software and scanners.

STORAGE DRIVES

A solution to putting large amounts of data on multiple floppy disks is the Zip drive by IOMEGA. The Zip drive can be used to backup a hard drive; although, be prepared to use more than one disk if you have large amounts of information. This drive can be password protected so your data is secured on the disk and a password must be used to read or write to the disk.

The device driver will work with DOS, Windows 3.1x and Windows 95. The Zip drive, like a floppy, is removable and portable and can contain 100 megabytes of data, more than the 1.44 megabytes of data. This is equivalent to approximately seventy 3 1/2-inch floppy disks.

A few choices are available with the Zip drive. The two external models include the parallel port and the SCSI. The SCSI can be used on a PC or Macintosh and the parallel port is readily connected to any PC, which makes it ideal for portability.



The image on the left was scanned from a glass plate of a photograph taken in 1879. The image on the right is the result of alteration with Kai's Photo Soap.

The parallel port model plugs into your system's parallel port. Your printer can then connect to the Zip drive through the parallel port connector. The SCSI drive requires a SCSI adapter, which IOMEGA sells separately, called the Zip Zoom SCSI Accelerator. The SCSI Zip drive is two to five times faster than the parallel port Zip drive. The SCSI is also better for sound, video or other multimedia applications.

The cost of the Zip drive is reasonable, but the technical support doesn't offer much "support". A tech support call costs you \$14.95 by calling a 900 number. That's each time you call!

"The 100MB Zip Drive is affordable, compact and easy to use. An added strength is its popularity; many PC users you may need to send

files to will have a Zip Drive or have access to one," according to PC Magazine.

The Jaz Drive is also made by IOMEGA, but offers one gigabyte of storage space over the Zip drive. The Jaz drive will store 1,000 photos or 56 minutes of video on one disk! It is also more practical than the Zip drive if you want to copy your entire hard drive. The Jaz drive offers the same features as the Zip drive; it only stores more information and is of course more expensive.

The Jaz drive was given the World Class Storage Award by MacWorld in 1997.

"In the future we'll carry PC's in our pockets, in the meantime, the Jaz drive is the best way to take data with you," says PC Computing.

The IOMEGA Jaz 2GB drives

Mark Gordon

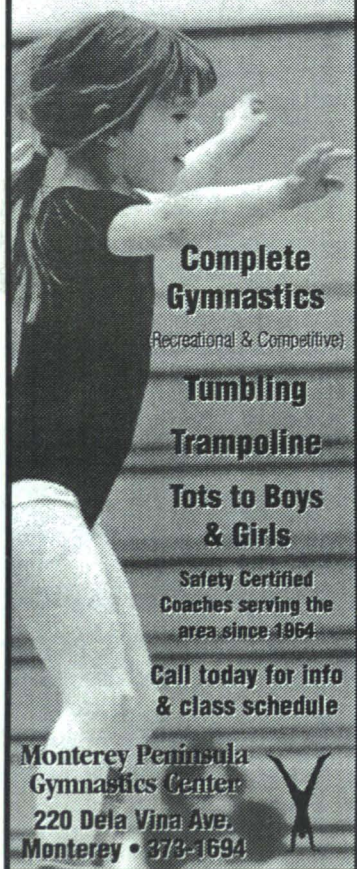
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are expected to start shipping in the first quarter of 1998. This drive will operate at a sustained transfer rate of 8.7 megabytes per second, which provides a 40 percent higher performance over the Zip or Jaz 1GB drives. Whatever your storage needs may be, IOMEGA is sure to provide you with what you need. They have just about everything except good customer service.

VOICE RECOGNITION SOFTWARE

Typing can at times be more time consuming than you'd like, especially if you're working on a 100-page thesis! Voice recognition software allows you to speak into your computer naturally as your text appears on the computer screen. Dragon Naturally Speaking and IBM's ViaVoice are two software packages reviewed.

Dragon Naturally Speaking is produced by Dragon Systems. It has a 30,000 word active vocabulary and a 230,000+ word backup dictionary. New words can also be added by the user with the "Vocabulary Builder" tool. Words or phrases can be edited on your command. Just think of the time that you'll save when creating reports, letters and even e-mail!

Dragon Naturally Speaking software includes a high-quality headset microphone. The system requirements include a minimum 133 MHz Pentium Processor IBM-compatible PC, Windows' 95, Windows NT v3.51, Windows NT 4.0, as well as an industry standard 16 bit sound card. A 60 MB hard disk is required and memory requirements include Windows 95 - 32 MB or Windows NT- 32 MB (48 MB recommended).

John P. Mello, Jr. of PC World said, "The accuracy of the program is almost scary. It missed maybe two words per hundred."

"(You) dictate information to your computer in almost the same way that you'd talk to the next-door neigh-

bor," said John Morris of PC Magazine Online.

The Naturally Speaking Deluxe Edition offers everything the original Dragon program does and allows you to dictate up to 160 words per minute, without pauses between words, and you can listen to what you have said to "proof" your text.

Dragon Systems, Inc. and Norcom Electronics developed the world's first PC-based continuous speech recognition system that recognizes natural speech from a tape recorder. It allows you to dictate into a cassette recorder and later transcribe it using Dragon Naturally Speaking. To do this, a Norcom Model 2500 hand held tape machine is required, which is played into Dragon Naturally Speaking with the Norcom SRC-1 speech recognition coupler.

IBM's ViaVoice offers a 22,000-word dictionary, with no mention of a backup dictionary or a vocabulary builder component. It will offer the Gold version of ViaVoice, but I doubt it will come close to Dragon Naturally Speaking.

Tim Bailey, Sales Manager at pcpeople recommends Dragon Naturally Speaking over IBM's ViaVoice. He reported that if he sells ten of IBM's ViaVoice, he's likely to have at least eight returned. He stated "a customer had difficulty getting the program to recognize the word 'the'. After 40 minutes she gave up."

SCANNERS AND PRINTERS

For scanning photos, Kris Hirt, a sales representative at pcpeople, recommends the Microtek E3, which is a 24-bit flatbed scanner.

"It can scan at 300 dpi (dots per inch), which is the highest optical resolution [any] scanner can [read]. The optical resolution is what the scanner actually sees. When purchasing a scanner, be aware of a higher number called an interpolated resolution or dpi, where the scanner takes two

pixels that are known colors and will average them and stick another one in. It fakes information. It works really well for text, but provides no more detail or color for photographs. It is good to scan a fax at an interpolated resolution because you can turn a poor looking fax into a nice document."

Kai's Photo Soap is a software program that now comes with the Microtek E3 Plus. This program allows you to remove red eye, color correct old photos, and remove wrinkles, scars and scratches. Over or underexposed photos can be corrected and cracked; yellow photos can be restored. You can also crop, resize and remove people or furniture from photos!

This program will categorize and store photos in digital albums for easy reference, and allows you to create invitations, cards, calendars or fliers.

Hirt recommends the Epson 800 Printer, which is an ink jet printer that will print at 1440 dpi resolution. It was found to be the fastest printer tested for both text and graphics printing and is rated among the laser printers rather than the ink jet for speed because it provides the speed of a laser with the Photo Real quality of an Epson color inkjet.

The Epson 800 prints eight pages per minute, which is faster than Cannon's BJC 620 or Hewlett Packard's 1100C A3 Printers, which print four and six pages per minute respectively.

The Epson 800 delivers great results on plain paper, but Hirt recommends using coated paper with any ink jet printer because "when using a lower quality paper, the dot of ink will spread out and you lose the intensity of the color. The coated paper makes the dot stay more concentrated so your color is more intense, pictures are much sharper, clearer."

Beth A. Lewis

Special thanks to Tim H. Bailey and Kris Hirt at pcpeople, 534 Abrego, Monterey, for their time and expertise for this article.



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COMMUNITY CALENDAR

Theatre

Inherit the Wind The classic American courtroom drama of the Scopes monkey trial and the battle between two of the greatest minds of the 20th century. April 3, 4, 5, 10 & 11, Pacific Repertory Theatre, Golden Bough Playhouse, Monte Verde between 8th and 9th, Carmel. 622-0100

Nixon's Nixon One fateful night, Richard Nixon and Henry Kissinger met and talked; the next day, the president resigned. March - April 25, Pacific Repertory Theatre, Circle Theatre, Casanova between 8th and 9th, Carmel. 622-0100

Once in a Lifetime April 3 - May 3, Fridays and Saturdays, 8:00 p.m., Sundays, 7pm, Unicorn Theatre, 320 Hoffman Ave., Monterey. 649-0259

The Admirable Crichton A hilarious look at class and disaster and who is top man! April 17 - May 17, Staff Player Repertory Company, Children's Experimental Theatre Building, Inside Forest Theatre, Santa Rita & Mountain View, Carmel. 624-1531

Showboat Come with Information Ticket and Tours to the Golden Gate Theatre, San Francisco for a night at the theatre. The price includes admission and transportation from the Presidio of Monterey. April 25, \$45. Call ITT at 656-3223

Sylvia Let no woman come between a man and his dog. A howlingly funny new comedy presented by the Pacific Repertory Theatre.

May 28 - July 25, Circle Theatre, Casanova between 8th and 9th, Carmel. 622-0100

Music

Music Day: Annual Family Concert Monterey County Symphony. April 19th, 12:30 pre-concert children's activities, concert starts at 2pm. \$7 adult/\$4 child, Treatseat discount tickets available at Target and Mervyns. Sherwood Hall, 940 N. Main St., Salinas. For more information call 624-8511.

Keyboard Bach with Jean Louis Steurman Benefit Recital. April 27th, 29th. Tickets \$20 - \$50 and includes pre-concert lecture and both recitals. Sunset Center, San Carlos near 9th, Carmel. For more information call 624-8511.

Carmel Chamber Music Society's 27th Annual Competition and Concert Competition, May 2nd; Winner's Concert, May 3rd. For more information call 625-2212.

Brahms Piano Concerto No.2 with pianist John O'Connor. May 17th, 3pm; May 18th, 8pm, Sunset Center, San Carlos and 9th, Carmel. May 19th, 8pm, Sherwood Center, Salinas. Student tickets \$10. For additional ticket info call 624-8511.

Concert on the Lawn Monterey County Symphony, May 25th, 2pm, Naval Postgraduate School, Monterey. Free. For more information call 656-2023.

Museums/Exhibits

Monterey Museum of Art La Mirada location presents: Fragile Tradition - Art of the Asmat, featuring totems of the ancient headhunter tribe. Also on display, paintings of Armin Hanson and William Ritschel. Long-term installations: Chinese Yi Xing Ware; The Art of Everyday Life: 18th & 19th Century Japan. 720 Via Mirada, Monterey. 372-5477

"The Inside Story: Behind the Scenes at the Monterey Bay Aquarium" New special exhibition opens giving visitors a look at what it takes to create and run this world-class aquarium. March - January 2000, Included with aquarium admission, Monterey Bay Aquarium, 886 Cannery Row, Monterey. 648-4807

Mira Shallcross Kamada Gallery Show Monterey Conference Center, Alvarado Gallery, One Portola Plaza, Monterey. Call 646-5640 for more information.

Dreams, Art and Archetypes the Carl Cherry Center for the Arts 11 annual exhibit and poetry contest focusing on themes from the unconscious mind. April 4 - 24, Carl Cherry Center for the Arts, Carmel. For more information call 624-7491

Monterey Museum of Art Civic Center location presents: Marie Brumund, recent paintings starting April 25 - August; Private Collection — Selected paintings from Susan and Stephen Diamond through May 31st. Long-term installations: Behind the Mask: The Textures, Shapes & Colors of Folk Art; Images of the West: A Romantic View, long-term installations. 559 Pacific St., Monterey. 372-5477

Tor House Garden Party Annual docent fundraiser of poet Robinson Jeffers' home. Tea, music and photography permitted. May 3rd, 2 - 4pm, \$10, Carmel Point, Carmel. For more information call 624-1813 or www.torhouse.org.

Seminars, Films, Books

Monterey Bay Book Festival 2nd annual festival for local, independent bookstores. Booths, book signings, entertainment and children's activities. April 19, Monterey County Fairgrounds, Monterey and Salinas Rooms, 2004 Fairground Rd, Monterey. For more information call 372-1855.

Stories for Adults Original works by master storyteller Jay O'Callahan. Adults and teens, April 23, 7pm, Steinbeck Forum, Monterey Conference Center, 1 Portola Plaza, Monterey. For information and tickets call 646-3949.

The Literary Circle Group-book discussions for adults. Selection: All the King's Men by Robert Penn Warren, April 30, 7pm. Selection: Angela's Ashes by Frank McCourt, May



28, 7pm. Free. Monterey Public Library, 625 Pacific St., Monterey.

Poetry Writing Workshop with

Patrice Vecchione. Learn to use words to give form to those feelings you have inside. For adults and teens, May 2 & 23, 1 - 3pm. Free, pre-registration required. Monterey Public Library, 625 Pacific St., Monterey. 646-3949

Food & Wine

Monterey Wine Festival America's original wine festival is celebrating its 22nd year featuring the finest wines from California. There will be tasting, lectures, educational seminars and a large bottle auction. More than 200 wineries will feature over 800 different wines from California's diverse wine region. April 2-5, Monterey. For more information call 656-WINE or www.montereywine.com.

Taste of Old Monterey Explore the flavors of local eating establishments. May 21st, 4 - 8pm, \$15 for coupon books. Books available from Old Monterey Business Association and local coffeehouses. For more information call 655-8070.

Festivals

Good Old Days Celebration Pacific Grove's celebration of a bygone era. Includes large parade, over 225 arts & crafts exhibitors, police officers motorcycle competition and drill team, pie eating, bubble gum blowing, and other contests, Jaws of Life and Fire Departments' Muster-Hose Cart Race, Victorian Fashion Show, live entertainment and golf tournament. April 3 - 5, Lighthouse Ave, Pacific Grove. For more information call 373-3389.

Old Monterey Seafood & Music Festival Fresh seafood, live entertainment and arts and crafts. April 18 - 19, 10am - 5pm, Free. Festival runs along Alvarado St. through Custom House Plaza. 655-8070

The Great Monterey Squid Festival Entertainment, educational displays, cooking demonstrations and arts and crafts. May 23 - 24, Monterey County Fairgrounds, 2004 Fairground Road, Monterey. For more information call 649-6544.

Carmel Art Festival Visit the art

galleries in Carmel. May 14th - 17th. For more information call 657-1556.

Kidstuff

Easter Egg Hunt 28th annual citywide Easter egg hunt for children, tots through 3rd grade. April 11th, 10am, Frank E. Sollecito, Jr. Ballpark, El Estero Park Complex. For more information call 646-3866.

Ballet for Children Monterey Recreation and Community Services Department offers a progressive program for varying skills, Kindergarten to Third Grade and Older. Continuous classes for Pre-Ballet - Fridays 2:15 - 3pm, Ballet I & II - Fridays 3 - 4pm; Ballet III - Fridays 4 - 5pm. Archer Park Center, 542 Archer Street, Monterey. For information regarding registration, session dates and times call 646-3870.



Kids Flea Market for kids that have cleaned out their closets and toy boxes. Table spaces are open to children between the ages of 6 - 17, \$10, pre-registration by April 3. Free Admission, Saturday, April 18, 9am - noon, Hilltop Park Center, 871 Jesse, Monterey. Call 646-3975 for more information.

"Teen Voices" Monterey Public Library presents poetry reading by high school poets on the second Monday of each month at 7pm. Free. For more information call 646-3949.

Monday Morning Stories and Adventures Weekly three-hour class of children's literature combined with arts, crafts, music and movement. Ages 3-5. Mondays, April 20 - May 11, 10am - 11am. Archer Park Center, 542 Archer St, Monterey. For pre-registration and information call 646-3870.

Oh, What Nonsense! Turn off that TV sitcom and instead enjoy literary foolish

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ness: fractured fairy tales, jokes to make you groan, and tales of famous fools. Ages 5 and up. Monterey Public Library, 625 Pacific Street, Monterey. 646-3949

Something to Crowe About Ventriloquist Steve Chaney and his furry partner, Cornelius Crowe, bring a world of laughter to the library. Saturday cartoons take a back seat to this live performance that includes jokes, songs, juggling and audience participation. All ages. Monterey Public Library, 625 Pacific Street, Monterey. 646-3949

Sports

AMA Superbike Race Formula 1 Motorcycle Races. April 17 - 19, Tickets range \$10 - 150; a \$50 3-day pass is available. Leguna Seca Raceway, 1021 Monterey-Salinas Hwy, Salinas. For ticket information call 648-5100.

Big Sur Marathon This year's marathon, 21, 10 and 7 mile walks, KION 5K and marathon relay will be held on Sunday, April 26, for more information contact Big Sur International Marathon office at 625-6226.

Adult Masters Swimming Program Monterey Recreation and Community Services Department presents swim team style coached workouts working on four competitive strokes (freestyle, backstroke, breaststroke and butterfly). April 26 - May 22 and May 31 - June 26, \$42 resident/ \$50 non-resident. Monterey Sports Center, pre-registration

required, 301 E. Franklin St., Monterey.

Monterey Peninsula Chamber of Commerce - Annual Golf Tournament May 1st, 10:30am registration, 12pm shotgun, Leguna Seca Golf Club. \$130/ player includes golf, tee prizes, box lunch and dinner. For more information call 648-5356.

Human Race 8K Walk and 10K Run to benefit local non-profit organizations. May 9th, 7:30am registration, 8am Early Bird Start, 8:30am 8K Walk, 9am 10K Run, \$15, Lover's Point, Pacific Grove. For more information call the Volunteer Center at 655-9234.

Monterey National Horse Show English hunters and jumpers competition. Various divisions for amateur and professional. May 13th - 17th, Free, Monterey County Fairgrounds, Pate Arena and Carnival fields, 2004 Fairground Rd, Monterey. For more information call 625-3333.

Special Olympics Area Games, one of nine regional competitions. May 16th, 9am - 4pm, Free, Monterey Peninsula Community College. For more information call 373-1972.

Shows & Sales

Quilt Show Antique and contemporary quilted works on display. April 3 - 5, Chautauqua Hall, 16th St at Central Ave, Pacific Grove. For more information call 372 - 2898.

3rd Annual Garden Affair Visit with gardening and floral experts, displays

and gardening activities, hors d'oeuvres served by Barnyard restaurants, live music and more! April 4, Carmel. For more information call 624-8886.

Wild Flower Show The first wildflower show in the state with over 500 species, varieties, lesser taxa of local flora on exhibit. April 17 - 19, Pacific Grove Museum of Natural History, Forest at Central, Pacific Grove. 648-3116

Spring in the Adobes Tours of Monterey's historic homes. OSSC sponsors The Larkin House. April 25th, 10am - 5pm. For more information call 372-2608.

British Car Meet Display and exhibit in downtown Pacific Grove of more than 200 British cars and car-related vendors. April 26, 8am - 5pm. For more information call 373-3304.

Carmel Garden Show Celebrate renaissance gardening, entertaining and interior/exterior room designing with indoor and outdoor exhibition gardens, seminar series and hands-on workshops. May 1 - 3, 10am - 5pm daily, Quail Lodge Resort and Golf Club, Carmel. Reservations and advance ticket purchase available, for more information call 625-1954.

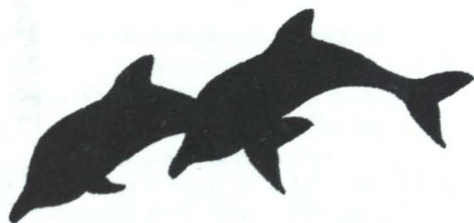
Special Events

Easter Extravaganza Easter egg hunt and celebration held on the Hermann Hall front lawn for children of NPS and all tenant commands. April 4th, 11am - 1pm, Naval Postgraduate School.

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International Day May 2, 1998

Aside from the good weather this spring will hopefully bring to Monterey, one definite sign of spring is another exciting International Day at NPS! This year's event will be held on Saturday May 2, 1998 from 12-4pm on the Academic Quad at NPS.

Preparations have already begun for this now traditional spring event. NPS international students and their families from approximately 35 countries are gearing up to introduce themselves in the form of displays, entertainment, and food. A wide range of food from many countries will be on sale. On stage, performers will offer entertainment in the form of continuous songs and dances. Video presentations showcasing the lives, cultures, economies, armed forces, and national traits of many countries will be shown throughout the day.

International Day is the biggest and best opportunity that members of the NPS international community have to present their unique cultures, traditions, costumes, and cuisine to the people of the Monterey Peninsula. International Day represents a tremendous effort and good will on the part of all participating countries. Volunteers are always welcome and can get involved by contacting any member on the International Executive Committee or by e-mailing us at intlcomm@nps.navy.mil.

Mark your calendars for May 2nd and join us! Where else can you gain insight onto life in a distant country, sample food from all over the world, and not even leave the area? Only on International Day at NPS.

Written with contributions from: Laszlo Kereki (Hungary-IEC Family Chair), Sorin Lungu (Romania-IEC Hospitality Chair), Ertugrul Uzunoglu (IEC International Co-Chair), and Debra Anderson (IEC US Co-Chair)

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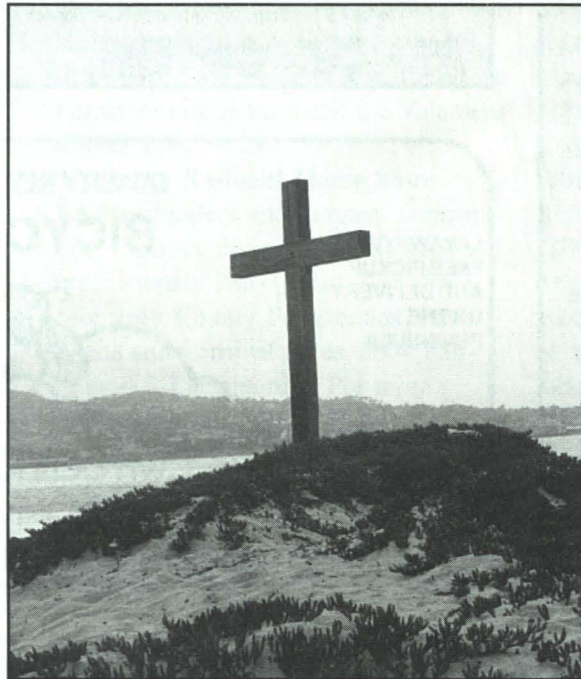
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LAST WORD

THE NATIONAL DAY OF PRAYER



May 7, 1998

The National Day of Prayer (NDP) is an annual event that occurs on the first Thursday of May each year, and was established as a day for Americans of all faiths to take time to pray for our nation and its leaders. The NDP was officially established by a joint resolution of Congress in 1952, by President Truman, but not signed into law until 1988 by President Ronald Reagan.

Although, the NDP is not a political event, every President since 1988 has encouraged Americans to participate and celebrate as he or she wishes. A NDP Task Force, chaired by Shirley Dobson, wife of Focus on the Family's President and Founder Dr. James Dobson, is made up of more than 40,000 volunteers. The task force provides promotional material for the NDP to be used by churches, families and communities. This year's celebration theme is "America, Return to God".

Many don't realize that our founding fathers relied heavily on God for guidance. The WallBuilders, Inc has documented this in a video called "America's Godly Heritage". Although we don't hear it much anymore, our Pledge of Allegiance states, "One Nation under God"; our currency is printed with "In God we trust" and our Declaration

of Independence proclaims "all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness...."

The NDP Task Force's materials and expression of involvement is primarily the Judeo-Christian heritage as this represents 90 percent of the United States. This has also been a reflection of those who choose to support and volunteer their time to promote the National Day of prayer. However, this day is intended for all people of faith to pray for our nation to the God of their understanding.

I encourage you to pray for our nation on the National Day of Prayer. Pray for guidance and wisdom for our leaders and give thanks that we are so blessed as a nation.

For more information and ideas on participating in this national event contact:

National Day of Prayer Task Force
P.O. Box 15616
Colorado Springs, CO 80935-5616
(719) 531-3379

The WallBuilders, Inc.
P.O. Box 397
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Beth A. Lewis

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